

Post-operative care

After dental surgery or an extraction, taking extra care with your oral hygiene will ensure that you heal quickly and that any discomfort is minimised.

Here are our recommendations for healing quickly and happily ...

- Continue to bite gently on the gauze pad provided for at least 20 minutes after your treatment.
- If bleeding persists, make a fresh pad and bite gently for another 15 minutes.
- As usual after dental anaesthetic, be careful not to bite your lip or tongue.
- Do not rinse your mouth or have anything to eat or drink for at least four hours after your treatment.
- Four hours after your treatment, rinse your mouth gently with warm, salty water-roughly 1.5 teaspoons of salt to 250 ml of water. You can repeat this every four hours if you wish.
- Avoid hot, cold or hard foods and beverages for the next 24 hours.
- Do not drink with a straw-this may disrupt the blood clot and allow bacteria to enter the socket.
- Favour foods that are nutritious and easy to eat, such as scrambled eggs.
- Do not smoke, drink alcohol or undertake any strenuous activity for the next 24 hours.
- As a painkiller, take paracetamol rather than aspirin, as aspirin may promote bleeding.
- If excessive bleeding continues, or if you experience a fever or severe swelling, call Smile Dental.

Remember-for 24 hours ...

- Do not drink hot or cold beverages.
- Do not eat hot, cold or hard foods.
- Do not smoke.
- Do not drink alcohol.
- Do not take part in strenuous activity.